



## White Beans with Silverbeet

### What to collect

Ingredients	Equipment
350g silverbeet	chopping board
2 tablespoons olive oil	knife
1 small onion, finely chopped	frying pan
1 carrot, peeled and finely chopped	garlic crusher
1 teaspoon dried oregano	grater
1 bay leaf	
2 cloves garlic, crushed	
1 cup vegetable stock	
3 x 400g cans cannellini beans, rinsed & drained	
salt/pepper	
½ cup grated parmesan	

### What to do

1. Wash silverbeet.
2. Separate stems from silverbeet leaves.
3. Finely chop the stems and shred the leaves.
4. Heat olive oil in a large frying pan over medium heat.
5. Add the onion, carrot, oregano and bay leaf and cook until the onion softens (about 7 minutes).
6. Add the garlic to the pan and cook for 30 seconds. Then add silverbeet stems, leaves and stock.
7. Cook, stirring occasionally until silverbeet is beginning to wilt.
8. Stir in beans, cover and simmer for a further 15 minutes.
9. Season to taste.
10. Remove bay leaf and discard.
11. Serve the silverbeet & beans with the parmesan sprinkled on top.